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The National Women's Health Information Center

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Questions to Ask Your Health Care Provider

Find out the answers to these key questions about your risk for heart disease and stroke. Become a partner with your health care provider and take charge of your heart and blood vessel health.

1. What is my risk for heart disease and stroke?
2. What screening or diagnostic tests for heart disease do I need and when?
3. What are my numbers and what do they mean?

Blood pressure_____

Cholesterol-total cholesterol, LDL ("bad") cholesterol, HDL ("good") cholesterol, and triglycerides_____

Body mass index and waist circumference measurement_____

Blood sugar level (could indicate risk for diabetes)_____

4. What can you do to help me quit smoking?
5. How much physical activity do I need to help protect my heart and blood vessels?
6. What is a heart-healthy eating plan for me?

Additional Notes:
